



UNIVERSIDADE LUSÍADA  
LISBOA

Course Unit Program  
Intervention Methodologies

Academic Year 2026/2027

**1. Organic Unit**

Institute of Psychology and Educational Sciences

**2. Course**

MUSIC THERAPY

**3. Cycle**

2nd

**4. Course Unit**

Intervention Methodologies (O9106)

**5. Scientific Area**

**6. Curricular Year**

1st

**7. Type of Curricular Unit / Semester**

2nd Semester



UNIVERSIDADE LUSÍADA  
LISBOA

#### 8. Class type and workload (work time)

Theoretical classes:

Practical classes:

Theoretical-Practical Classes 30,00

Tutorial Guidance: 20,00

#### 9. ECTS Credits

7,50

#### 10. Scientific Area Coordinator

#### 11. Regent

Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER

#### 12. Assistants

#### 13. Teaching Language

Portuguese

#### 14. General Objectives

1. Promover o conhecimento das metodologias da Musicoterapia, nas diversas áreas de aplicação;
2. Dar a conhecer o leque de patologias do adulto e da terceira idade com que os musicoterapeutas trabalham e as metodologias de intervenção mais adequadas para cada uma delas;
3. Promover o desenvolvimento pessoal, musical e clínico do formando.

#### 15. Specific Objectives

1. Promote knowledge of the methods and techniques of Music Therapy, from the point of evaluation to the therapeutic intervention;
2. Expand the knowledge of the clinical work of Music Therapy with each target population;
3. Promote the understanding and approach skills of the future music therapist to the dynamics of the various types of users;
4. Develop interpersonal and group skills in the musical domain.

#### 16. Skills to be acquired



UNIVERSIDADE LUSÍADA  
LISBOA

1. Literature search and review in Music Therapy;
2. Understanding of the various types of adult and elderly pathology and developing the relationship management skills for each of them;
3. Clinical observation, evaluation and "diagnosis" skills in Music Therapy;
4. Musical interaction and improvisation skills within the therapeutic setting;
5. Self-analysis and relationship skills in therapeutic setting.

#### 17. Teaching Methodology

1. Theoretical exposition classes and classroom discussion
2. Presentation of audio/video material about some music therapy sessions
3. Theoretical-practical classes of analysis of musical productions and diagnosis of disturbances.
4. reviewing textbooks and scientific journal articles in music therapy
5. Direct observation of clinical interventions of music therapy
6. Didactic practice of group musical experiences designed to promote the student's personal, relational and musical development

#### 18. Course Unit Program

1. Review of the areas of application and main methods of music therapy
2. The clinical method, original intervention paradigm
3. Introduction to general psychopathology; the normal and the pathological; phenomenological approach and evaluation of functions
4. The therapeutic relationship in music therapy: help, understanding, expertise, mobilization for change

#### 19. Assessment Methods

1. Attendance and participation in classes and their activities
2. Reports of direct observation of sessions with reflection and articulation with the bibliography
3. Music performance, clinical relevance and relational approach in musical activities with a view to a therapeutic application
4. Participation in a didactic project of experiential music-based group dynamics and personal development

#### 20. Didactic Resources

Laptop and video projector  
Musical instruments, amplifiers and microphones  
Specialized music therapy scientific journals  
Specialty books  
Audio and video playback systems

#### 21. Sustainability Objectives

Good health and well-being



UNIVERSIDADE LUSÍADA  
LISBOA

## 22. Keywords

Music therapy  
Intervention methods  
Psychotherapy and social rehabilitation



UNIVERSIDADE LUSÍADA  
LISBOA

### 23. Main Bibliography

Author(s): Waldon, E., Jacobsen, S., & Gattino, G.  
Title: Music therapy assessment: theory, research and application  
Edition: 1<sup>a</sup> Year: 2018  
Local: London, UK  
Publisher: Jessica Kingsley Publishers  
ISBN Code:

---

Author(s): Cohen, N.  
Title: Advanced methods of music therapy practice  
Edition: 1<sup>a</sup> Year: 2017  
Local: Gilsum, EUA  
Publisher: Jessica Kingsley Publishers  
ISBN Code:

---

Author(s): Coombes, E., Gracida, S. & Maclean, E.  
Title: Music therapy with displaced persons  
Edition: 1<sup>a</sup> Year: 2025  
Local: London, UK  
Publisher: Jessica Kingsley Publishers  
ISBN Code:

---

### 24. Complementary Bibliography

Author(s): Belgrave, Melita, & Kim, Seung-A  
Title: Music therapy in a multicultural context  
Edition: 1 Year: 2020  
Local: London, UK  
Publisher: Jessica Kingsley Publishers  
ISBN Code:

---

Author(s): Beer, L., & Birnbaum, J.  
Title: Trauma-informed music therapy: theory and practice  
Edition: 1<sup>a</sup> Year: 2022  
Local: New York  
Publisher: Routledge  
ISBN Code:

---



UNIVERSIDADE LUSÍADA  
LISBOA

| Ficha técnica MIP / MIP Datasheet |                                                                            |
|-----------------------------------|----------------------------------------------------------------------------|
| Título / Title                    | Course Unit Program 'METODOLOGIAS DE INTERVENÇÃO': Academic Year 2026/2027 |
| Autor / Author                    | Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER              |
| Classificação / Classification    | -                                                                          |
| Descritores / Descriptors         | -                                                                          |
| Colaborador(es) / Colaborator(s)  | -                                                                          |
| Data Hora / Date Time             |                                                                            |
| Formato de dados / Data Format    | Texto / Text, PDF                                                          |
| Estatuto de utilização / Usage    | Acesso público / Public Access                                             |
| Relação / Relation                | Version 1,0                                                                |
| (c) Universidade Lusíada, 2026    |                                                                            |